



# THE CENTER POST

80A BUREAU DRIVE • GAITHERSBURG, MD 20878-1431 • 301.258.6380 • GAITHERSBURGM.D.GOV

TUESDAY, MAR 10 ~ 9-10 AM

## BLT BREAKFAST

Beet, lemon, and tangerine sandwich? Not at this Center! Join us for a traditional BLT breakfast experience made by our own Chef Sia.

Members { \$6 } Non-members { \$7 }

TUESDAY, MAR 17 ~ 12:45 PM

## ST. PATRICK'S DAY SHENANIGANS

Do you feel lucky? Enter contests to see who has the most Irish Spirit and tells the best jokes. Who knows? Maybe there will be a pot of gold for the winners!

WEDNESDAY, MAR 18 ~ 10 AM - 2 PM

## COMMISSION ON AGING PUBLIC FORUM

The Commission on Aging seeks to make Montgomery County a wonderfully diverse community for a lifetime. This year's forum is "What Can Racial Equity Look Like in an Age-Friendly Community?" Registration begins at 9:30 a.m. at the Activity Center at Bohrer Park.



**i count**  
Census 2020

THURSDAY, MAR 12 ~ 12:45 PM

## 2020 CENSUS PARTY

I count! You count! We all count! Celebrate the importance of joining the count and share with others why you will complete the 2020 Census. There will be dancing, fun, games, and party favors for all participants.

FRIDAY, MAR 20 ~ 6-8 PM ~ \$15

## SPRING DANCE

DJ Sway is back to play all of our favorite dance tunes. Invite your friends and family for a great night of dancing. Heavy hors d'oeuvres and a cash bar is available. Let's welcome spring in style!

MONDAY, MAR 23 ~ 5 PM

## HAPPY HOUR

Join us for a fun time at Bonefish, 82 Market St., Gaithersburg.



BENJAMIN GAITHER CENTER

# opens

MONDAY - FRIDAY  
8:30 AM - 4 PM

FITNESS CENTER

# hours

MONDAY-THURSDAY 8:30 AM - 8 PM  
FRIDAY 8:30 AM - 4 PM  
SATURDAY 9 AM - NOON

# FROM OUR STAFF



MONDAY, MAR 30 ~ 12:30 PM

## BIRTHDAY PARTY

- 1 Gunjana Giri, Anand Goel, Stephanie Snowden
- 2 Ana Rojas, Margaret Levis
- 3 Michael Dennis
- 6 Marie Rose Paul
- 10 Cay Savel
- 14 Beatrice Brittenham, Sylvia Craig
- 15 Karl Richardson
- 16 Dee Gherna
- 24 Leslie Shapiro
- 26 Doris Lizarraga
- 30 Pam McPherson
- 31 Barbara Harbison

## ANNUAL MEMBERSHIP & FEES

**City Residents**  
\$50 Individual ~ \$80 Two Persons

**Nonresidents**  
\$125 Individual ~ \$195 Two Persons

**Fitness Center** (BG Center Members only)  
\$75 per year ~ \$15 per month

**Non-member Program Attendance Cost and Annual Membership:**  
If a person wants to go on a trip or attend a program and is not a member, they may join the Center for a 30-day period (City residents: \$10, nonresidents: \$25). During the period they have all the privileges of a member, and if they decide to join for a year during the first 30 days, the cost of their 30-day trial will be applied toward an annual membership. Please note that cumulative one-month membership fees will not apply.

# FROM SMITTY

Have you been hibernating this winter? Well Spring is in the air and it's time to get out and engage in some fun and informative activities.

## 2020 Census

1...2....3....4....5, yes it's time to be counted for the 2020 Census! Join us on March 12th for our Census kick-off party. Be informed and have a great time doing it!



## Other Fun Events in March at the BGC

- Enjoy some shenanigans at our St. Patrick's Day Party on March 17
- Adventist HealthCare is coming on March 20 to spread the news about International Day of Happiness. What could be better than an International Day of Happiness?
- Do you like to move to 50s and 60s music? If so, join us for an evening dance on Friday, March 20. Bring a friend. Everyone's welcome!

See you soon at the BGC!

Smitty

## ACTIVITY CENTER AT BOHRER PARK FITNESS CENTER hours

MONDAY-FRIDAY	6 AM - 10 PM
SATURDAY	8 AM - 10 PM
SUNDAY	8 AM - 5 PM

## SENIOR INFORMATION AND ASSISTANCE

Do you need information on senior housing, financial assistance, Medicare, Medicaid, or help filling out forms? Call 301.258.6380 to set up an appointment with Carol Smith of the Montgomery County Department of Health and Human Services.

## OUR MISSION

The Benjamin Gaither Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

**MONDAYS ~ BY APPOINTMENT**

## PODIATRIST SERVICES

Sign up at the front desk for an appointment with one of the doctors from Maple Springs Foot Center. Most insurances are accepted, including Medicare.

**TUESDAYS ~ 10 AM-2 PM**

## HEARTWELL IN ACTION

**Leni Barry, RN, MA**

A nurse educator from Suburban Hospital will be visiting us on Tuesdays. This program focuses on health promotion and includes health screenings, counseling, seminars, and educational handouts.

**WEDNESDAY MORNINGS**

## MEDICATION CHECK-UP

Sign up to meet with Geriatric Pharmacist, Dr. Dinwiddie, for a one-on-one medication consultation. Bring all your medicines, including those purchased over the counter. Dr. Dinwiddie will review any medication-related problems, discuss the possibility of cost effective alternatives, and, if needed, help you develop a medication list. Sign up on the program sheet for an appointment time.

**THURSDAYS ~ 11 AM**

## COPING WITH CHANGE

Are you not bouncing back like you used to? Learn how to roll with the punches by joining our group discussion facilitated by Ardelia Hayward, MA, LGPC from Senior Services at The Affiliated Santé Group. Drop-in. Free. Individual appointments available by calling 301.641.8924.

**WEDNESDAY, MAR 25**

**~ 9:30-11:30 AM**

## BLOOD PRESSURE

Get your blood pressure checked by a nurse from Shady Grove Adventist Hospital.

**THURSDAY, MAR 5 & 19 ~ 2-3:30 PM**

## CAREGIVERS SUPPORT GROUP

Caregivers face many challenges. A support group provides the opportunity to share experiences, learn about resources and strategies that have helped others, and gain emotional support. The Holy Cross Caregiver Resource Center is pleased to offer a support group led by Registered Nurse Anna Roberts. For more information or to register for the group, please call 301.754.7151.

**FRIDAYS, MAR 13-27 ~ 10-11 AM**

## BRAIN GAMES

Join others and learn to cross train your brain with Brain Games. The areas of the brain that decay slightly with normal aging are memory, word recall (language), attention, visual and spatial awareness, brain speed and reflex, recognition, and intellect (learning). We cover them all and we have fun! Offered by Rika Granger, LCSW-C, Aspire Counseling.

**TUESDAYS ~ 12:30 PM**

## CONVERSATION ENGLISH

**WEDNESDAYS, MAR 4 & 18 ~ 11 AM**

## CONVERSATION FRENCH

**WEDNESDAY, MAR 11 ~ 11 AM**

## CONVERSATION SPANISH



**THURSDAY, MAR 19 ~ 9:15 AM**

## FIRST, COFFEE

**MONDAY TO FRIDAY ~ NOON**

## NUTRITION PROGRAM

Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Reservations can be made in person or by calling the Center at 301.258.6380 no later than 2 p.m. the day before the reservation is needed. The full cost of the meal is \$7.10. For people age 60 and over and spouses of any age, who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible. Guests younger than 60 must pay the full cost of the meal.

**WEDNESDAYS, STARTING MAR 4  
~ 2:30 PM**

## SPRING CLEANING

Learn the difference between clutter, disorganization, and hoarding and their associated safety hazards. Explore the anxiety that is behind collecting and keeping things, identify ways to help (or not help) with decluttering efforts, and participate in exercises to facilitate decluttering. You'll also get information on places to donate your things as you declutter. Offered by Aspire Counseling's Rika Granger, LCSW-C.

# TRIPS

TUESDAY, MAR 3 ~ 10 AM–4 PM  
~ BALTIMORE, MD

## AMERICAN VISIONARY ART MUSEUM

Explore the Visionary Art Museum's newest exhibits, "The Secret Life of Earth: Alive! Awake! (and Possibly Really Angry!)," which focuses on the environment, and "Esther and the Dream of One Loving Human Family," which features Esther Krinitz's Holocaust survival story. Lunch is on your own at the nearby Rusty Scupper.

Fee { \$30 } ... Deadline { Feb 21 }

## FULL

WEDNESDAY, MAR 11 ~ 10:45 AM–4 PM ~ WASHINGTON, DC

## "THE WANDERERS" AT THEATER J

This funny, insightful, and moving new play is about two couples who couldn't be more different; but the hidden connections between these seemingly disparate people draw the audience into an intriguing puzzle and a deeply sympathetic look at modern love.

Fee { \$50 } ... Deadline { Feb 10 }

MONDAY, MAR 16 ~ 10 AM–3 PM  
~ HYATTSVILLE, MD

## GALLOPING GOURMETS TO FRANKLINS

Franklins is Prince George's County's first microbrewery and the only combination restaurant, brewery, and toy store in the world. Order from the menu and pay in cash.

Fee { \$17 } ... Deadline { Mar 12 }

WEDNESDAY, MAR 25 ~ 11:15 AM–2:30 PM ~ GERMANTOWN, MD

## GALLOPING GOURMETS TO MI RANCHO

Practice your Spanish in a friendly setting with delicious food. Order from the menu and pay in **cash**.

Fee { \$7 } ... Deadline { Mar 23 }

THURSDAY, MAR 26 ~ 10:30 AM–4:30 PM ~ WASHINGTON, DC

## SPY MUSEUM

The International Spy Museum is dedicated to the tradecraft, history and contemporary role of espionage. The Museum features the largest collection of international spy artifacts currently on public display. Come face to face with spymasters, gadget makers and scientists as you explore the world of intrigue. Late lunch on your own at The Wharf after the museum.

Fee { \$35 } ... Deadline { Mar 5 }

TUESDAY, MAR 31 ~ 9:30 AM–3:30 PM  
~ WASHINGTON, DC

## CHERRY BLOSSOM CRUISE

We are taking a 40-minute narrated sightseeing tour with stunning views of Washington's monuments, historic landmarks, and (hopefully) cherry blossoms. The cruise departs and returns to The Wharf. After our cruise, enjoy lunch on your own at one of the many restaurants.

Fee { \$40 } ... Deadline { Mar 24 }

TUESDAY, APR 7 ~ 10:45 AM–4 PM  
~ WASHINGTON, DC

## "BECOMING DR. RUTH" AT THEATER J

Before she became Dr. Ruth Westheimer, Karola Siegel had to flee Germany in the Kindertransport, become a sniper in Jerusalem, and survive as a single mother in America. Don't miss this triumphant and life-affirming story of a girl who found her own unique place in the world.

Fee { \$50 } ... Deadline { Mar 9 }

WEDNESDAY, APR 15 ~ 10:30 AM–4:30 PM ~ WASHINGTON, DC

## "SEVEN GUITARS" AT ARENA STAGE

1940s Pittsburgh is the backdrop for August Wilson's play. Seven lives are interconnected when old friend and blues singer Floyd Barton vows to turn his life around after a surprise windfall leaves him hopeful for a second chance. Infused with deep and soaring blues rhythms, this "rich and exceptionally vivid" play pits the desire for a better future against harsh realities, ultimately leading to heartbreaking and inescapable circumstances.

Fee { \$55 } ... Deadline { Mar 13 }

You can register online  
at [gaithersburgmd.gov](http://gaithersburgmd.gov)

All trip and class cancellations must be submitted in writing, or e-mail your requests to [BenjaminGaitherCenter@gaitersburgmd.gov](mailto:BenjaminGaitherCenter@gaitersburgmd.gov)



## ACTIVITIES

### BOOK DISCUSSIONS

Thursday, March 12 ~ 2 PM

**"The Twisted Root"**

by ANNE PERRY

Thursday, April 9 ~ 2 PM

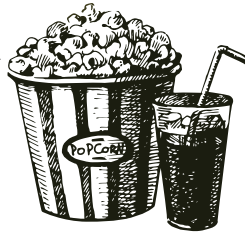
**"Adams vs. Jefferson: The Tumultuous Election of 1800"**

by JOHN FERLING

### MOVIE AFTERNOONS

THURSDAYS AT 1 PM

Enjoy and discuss a newly released movie every week. Call ahead to find out what movie will be playing.



### SOCIAL SYMPOSIUM

Tuesday, March 24 ~ 11 AM

Topic: Current Events

### MEMBER ORIENTATION

Monday, March 9 ~ 11 AM

Come learn the ins and outs of the Center from a member of the Welcome Committee. Call the front desk at 301.258.6380 to sign up and bring your Welcome Packet with you.

### GAITHERSBURG SENIOR PIN BUSTERS

#### BOWL AMERICA

1101 Clopper Rd. Gaithersburg, MD

MONDAYS 3-5 PM { \$9.70 }

Ahhh, the familiar sounds of the bowling alley. Strut your stuff and have tons of fun with a great group of people. Shoe rental and refreshing drinks are included in the price. Come once or come every week. Newcomers are always welcome!

**BINGO** Mondays & Fridays ~ 12:45 PM

\$1 buys two cards for every game

**MAH JONGG** Tuesdays & Fridays ~ 12:30 PM

#### CONTRACT BRIDGE

Tuesdays & Thursdays ~ 12:30 PM

**POKER** Most afternoons. Come check it out!

**LEARN CANASTA** Call Annette 301.938.0893

#### LEARN MAH JONGG WITH SANDY

Fridays ~ 10:30 AM. Call Charlyn 240.805.1578

**PING PONG** Tuesdays ~ 2-3:45 PM

#### LEARN TO PLAY BRIDGE WITH GOPA

Tuesdays ~ 11:15 AM – NOON

# March 2020

The Benjamin Gaither Center  
gaithersburgmd.gov | 301.258.6380

**Sunday**

**2**

8:35 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
11:15 Qi Gong Tai Chi  
12:30 Embroidery  
12:45 Bingo  
1 Senior Advisory Committee  
2 Core and More  
3 Pin Busters

**Monday**

**3**

9 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
10 Visionary Art Museum  
11:15 Hatha Yoga  
12:30 Bridge  
12:30 Mah Jongg  
12:30 English Conversation  
12:45 Leaving your Legacy  
2 Ping Pong

**Tuesday**

**4**

8:35 Exercise Tape  
9:15 Zumba  
10:15 Fit 4 All  
11 French Conversation  
11:15 Strong & Balanced  
12:30 Weight Training  
1 Crochet  
1:15 Flexible Strength  
2 Watercolor  
2:30 Spring Cleaning

**Wednesday**

**5**

9 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11 Coping w/Change Bridge  
12:30 Movie Afternoons  
1 El Club de la Amistad w/José  
2 Caregivers

**Thursday**

**6**

8:35 Exercise Tape  
9:15 Zumba  
10:15 Fit 4 All  
10:30 Quilling Workshop  
11:15 ZenFlex  
12:15 Quilting  
12:30 Mah Jongg  
12:45 Bingo

**Friday**

**7**

**Fitness Center**  
Open  
9AM – Noon

**Saturday**

**8**

8:35 Exercise Tape  
9:15 High/Low  
10:15 Fit 4 All  
11 Coloring Book  
11 Member Orientation  
11:15 Qi Gong Tai Chi  
12:30 Embroidery  
12:45 Bingo  
2 Core and More  
3 Pin Busters

**9**

9 Bone Builders  
9 Breakfast  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11:15 Hatha Yoga  
12:30 Bridge  
12:30 Mah Jongg  
12:30 English Conversation  
12:45 Human Brain  
2 Ping Pong  
4 AARP

**10**

8:35 Exercise Tape  
9:15 Zumba  
10:15 Fit 4 All  
10:45 "The Wanderers" at Theater J  
11 Spanish Conversation  
11:15 Strong & Balanced  
12:30 Weight Training  
1 Crochet  
1:15 Flexible Strength  
2 Watercolor  
2:30 Spring Cleaning

**11**

9 Bone Builders  
9:15 HIT @ BP  
10:15 Stretch & Strengthen  
11 Coping w/Change Bridge  
12:30 Census Party  
1 Movie Afternoons  
1 El Club de la Amistad  
2 Book Discussion

**12**

8:35 Exercise Tape  
9:15 Zumba  
9:45 AARP Smart Driver  
10 Brain Games  
10:15 Fit 4 All  
11:15 ZenFlex  
12:15 Quilting  
12:30 Mah Jongg  
12:45 Bingo

**13**

**Fitness Center**  
Open  
9AM – Noon

**14**

HeartWell in Action

15	8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 10 Galloping Gourmets 11 Coloring Book 11:15 Qi Gong Tai Chi 12:30 Embroidery 12:45 Bingo 2 Core and More 3 Pin Busters	17	9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11:15 Hatha Yoga 12:45 St. Patrick's Day Sheanigans 12:30 Bridge & Mah Jongg 12:30 English Conversation 2 Ping Pong	18	8:35 Exercise Tape 9:15 Zumba 10 COA Forum 10:15 Fit 4 All 11 French Conversation 11:15 Strong & Balanced 12:30 Weight Training 1 Crochet 1:15 Flexible Strength 2 Watercolor 2:30 Spring Cleaning	19	9 Bone Builders 9:15 HIT @ BP 9:15 First Coffee 10:15 Stretch & Strengthen 11 Coping w/Change 12:30 Bridge 1 Movie Afternoons 1 El Club de la Amistad 2 Caregivers	20	8:35 Exercise Tape 9:15 Zumba 10 Brain Games 10:15 Fit 4 All 11 Happiness 11:15 ZenFlex 12:15 Quilting 12:30 Mah Jongg 12:45 Bingo 6 Spring Dance	21	Fitness Center  Open 9AM – Noon		
HeartWell in Action													
22	8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 11 Coloring Book 11:15 Qi Gong Tai Chi 12:30 Embroidery 12:45 Bingo 2 Core and More 3 Pin Busters 5 Happy Hour	23	9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Social Symposium 11:15 Hatha Yoga 12:30 Bridge & Mah Jongg 12:30 English Conversation 12:45 Senior Housing 2 Ping Pong	24	9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 11 Social Symposium 11:15 Hatha Yoga 12:30 Bridge & Mah Jongg 12:30 English Conversation 12:45 Senior Housing 2 Ping Pong	25	8:35 Exercise Tape 9:15 Zumba 9:30 Blood Pressure 10:15 Fit 4 All 11:15 Strong & Balanced 11:15 Galloping Gourmets 12:30 Weight Training 1 Crochet 1:15 Flexible Strength 2 Watercolor 2:30 Spring Cleaning	26	9 Bone Builders 9:15 HIT @ BP 10:15 Stretch & Strengthen 10:30 Spy Museum 11 Coping w/Change 12:30 Bridge 1 Movie Afternoons 1 El Club de la Amistad	27	8:35 Exercise Tape 9:15 Zumba 10 Brain Games 10:15 Fit 4 All 11:15 ZenFlex 12:15 Quilting 12:30 Mah Jongg 12:45 Bingo	28	Fitness Center  Open 9AM – Noon
HeartWell in Action													
29	8:35 Exercise Tape 9:15 High/Low 10:15 Fit 4 All 11 Coloring Book 11:15 QiGong Tai Chi 12:30 Embroidery 12:30 Birthday Party 12:45 Bingo 2 Core and More 3 Pin Busters	30	9 Bone Builders 9:15 HIT @ BP 9:30 Cherry Blossom Cruise 10:15 Stretch & Strengthen 11:15 Hatha Yoga 12:30 Bridge / Mah Jongg 12:30 English Conversation 2 Ping Pong	31	9 Bone Builders 9:15 HIT @ BP 9:30 Cherry Blossom Cruise 10:15 Stretch & Strengthen 11:15 Hatha Yoga 12:30 Bridge / Mah Jongg 12:30 English Conversation 2 Ping Pong	<div>E-MAIL LIST</div> <div>Do you receive e-mail updates and reminders from the Benjamin Gaither Center? If not, please sign up on <a href="http://gaithersburgmd.gov">gaithersburgmd.gov</a></div>							

# FITNESS

MONDAYS ~ 2 PM

## CORE AND MORE

Concentrated intense toning of abdominals and back muscles performed on floor mats, as well as progressive use of free weights for select muscle groups.

MON, WED, FRI ~ 10:15 AM

## FIT 4 ALL

Low or no-impact aerobics appropriate for those who prefer a seated workout as well as those wanting moderate standing exercise.

MONDAYS ~ 9:15 AM

## HIGH / LOW

Vigorous low-impact aerobics and strength training.

**These fitness classes, taught by nationally certified instructors, have a \$1 charge**

TUESDAYS & THURSDAYS ~ 9:15 AM  
at Bohrer Park

## HIT

**High-intensity Interval Training taught by Denise Mornini**

A one hour class featuring 30 minutes of Tabata-style interval training followed by a variety of strength, balance, flexibility, and core work. Bring a yoga mat.

TUESDAYS & THURSDAYS ~ 10:15 AM

## STRETCH & STRENGTHEN

**Taught by Olympia Kozielski**

For those of any ability who want to tone their muscles and strengthen their heart and lungs.

WEDNESDAYS ~ 11:15 AM

## STRONG & BALANCED

Good balance and a strong core go hand in hand. This is a seated class for all fitness levels.

WEDNESDAYS & FRIDAYS ~ 9:15 AM

## ZUMBA

Move and shake your way through a cardio workout.

TUESDAYS, MAR 3 – APR 21 ~ 11:15 AM

## HATHA YOGA WITH JANE STELBOUM

Learn how yoga can help you feel better in mind, body and spirit. Learn yoga poses, breathing techniques and meditation using proper and safe alignment with modifications to suit your own body and ability. Open to all levels. Dress to move comfortably. Bring your own yoga mat (recommended) or use the Center's exercise mats.

Fee { \$65 }

FRIDAYS, FEB 28 – APR 17 ~ 11:15 AM

## ZENFLEX: POWER STRETCHING

One of the benefits to stretching is improved flexibility, which enhances your ability to move more freely and efficiently. Power Stretching is comfortable and requires minimal exertion, giving your body and brain a chance to relax. This class will also address muscular imbalances, body alignment, proper breath control, range of motion and poor posture. The class is low impact, meditative and very Zen. Fee { \$32 }

The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.

Classes are taught by certified personal trainer Matt Rundell. Fee paid to Suburban Hospital.

To register by phone, call 301.896.3689

WEDNESDAYS, JAN 8–MAR 25 ~ 12:30 PM

## WEIGHT TRAINING

Build bones and become stronger using hand weights. Fee { \$40 }

WEDNESDAYS, JAN 8–MAR 25 ~ 1:15 PM

## FLEXIBLE STRENGTH

Blend strength with flexibility, endurance, balance, coordination, and concentration. Fee { \$40 }

THURSDAYS, JAN 9–MAR 26 ~ 10:30 AM

## STABILITY BALL ~ at Bohrer Park

Bring your own mat and ball. Fee { \$40 }

MON, WED, & FRI ~ 8:35 AM

## WALKING TAPE

Wake up with a brisk two mile workout.

BY APPOINTMENT

## PERSONAL TRAINING

Reap the benefits of working out with a personal trainer. Our certified trainers have the credentials, skills and experience to create a safe program specific to your needs and goals.

Fee { \$20 } { 30 minutes }



# CLASSES & LECTURES

BY APPOINTMENT

## SMART PHONE HELP

Are you using your smart phone to its greatest potential? Learn how to use all of its features, or learn about best practices. Sign up on the program sheet and our very own Robert Williams will schedule a one-on-one appointment with you!

WEDNESDAYS ~ 1 PM

## CROCHET BABY BLANKETS WITH ELIZABETH

Be creative for a good cause. Chat while you crochet baby blankets for local newborns. Yarn will be provided.

MON, WED, FRI ~ 1:15 PM OR 2 PM

## MUSIC LESSONS

Learn to play or restart your lessons on the piano, guitar or ukulele. Sign up at the front desk.

Fee { \$20 per lesson }

MONDAYS ~ 12:30 PM

## EMBROIDER WITH JANE

Come knit, sew, crochet, etc. Free help with your project.

FRIDAYS ~ 12:15 PM

## QUILTING

Work on your project and make friends in the process.

MONDAYS ~ 11 AM – NOON

## THE COLORING BOOK CLUB

Coloring books for adults are a popular trend and the activity is actually good for you. Coloring is relaxing, social, reduces stress and anxiety, trains your brain to focus, helps your fine motor skills and vision, and gives you a chance to express your originality. All supplies will be provided.

Fee { \$1 Drop-in }

WEDNESDAYS, MAR 4–APR 22  
~ 2-4 PM

## WATERCOLOR CLASS

Discover the joy of painting with watercolors and learn basic concepts like composition, color harmony and movement. Explore color mixing, splattering, wet into wet, and other watercolor techniques with new instructor Marta Lautz. Bring your own supplies.

Fee { \$100 }

FRIDAY, MAR 6 ~ 10:30 AM–12 PM

## QUILLING WORKSHOP

Quilling or paper filigree is an art form using strips of paper that are rolled, shaped, and glued together to create decorative designs. As your skills grow, complete more intricate projects. All supplies provided. Taught by Ana Maria.

Fee { \$5 }

TUESDAY, MAR 3 ~ 12:45 PM

## LEAVING YOUR LEGACY

Rika Granger presents on the various ways to leave behind your legacy. She explores the priceless gift of sharing your knowledge, skills, memories and family history with loved ones.

TUESDAY, MAR 10 ~ 12:45 PM

## FACTS ABOUT THE HUMAN BRAIN & HOW BRAINS WORK

Jay Choudhry will discuss the basics of brain cells and how they communicate to each other when relaying messages to our body.

FRIDAY, MAR 20 ~ 11 AM

## THE SCIENCE OF HAPPINESS

Celebrate the International Day of Happiness with a presentation by Adventist HealthCare on the Science of Happiness.

TUESDAY, MAR 24 ~ 12:45 PM

## HOW TO NAVIGATE THE MAZE OF SENIOR HOUSING

Joe Silver from Custom Senior Living Search will help you understand the difference between independent living, assisted living, memory care, respite care, nursing care, rehab care, and home care services. Come and ask questions to better understand your options.

MONDAYS ~ 11:15 AM

## QI GONG & TAI CHI PRINCIPLES

Qi Gong is an internal exercise from China that focuses on consciously moving Qi through the meridians of the body using meditative methods of physical movement and breathing. These gentle routines emphasize strengthening the body internally while harmonizing it externally with nature. It utilizes static postures, moving forms and self-massage. The aim of Qi Gong is to accumulate, circulate and harmonize Qi. Taught by Robert Williams.

Fee { \$2 per class drop in }

TUESDAYS & THURSDAYS,  
FEB 3–APR 7 ~ 9–10 AM

## BONE BUILDERS

Bone Builders is a free, evidence-based, volunteer-led exercise program for people over the age of 55. Participants use ankle weights and hand weights to increase bone density. It is offered in partnership with the Montgomery County Department of Health and Human Services, Recreation, and the RSVP volunteer program. Participants must be able to stand up from a chair independently and be able to stand for at least 10 minutes.

## GAITHERSBURG CHAPTER

TUESDAY, MAR 10

### COMMUNITY SERVICE ~ 4 PM

Prepare Literacy Bags for Head Start children.

### DINNER ~ 5:20 PM ~ \$12

Chef Sia's Lasagna with sides

### BRIEF BUSINESS MEETING

~ 6:10 PM 50-50 raffle and door prizes.

### PROGRAM ~ 6:50 PM

Dale Jarrett performs a musical treat with piano and song. Send in requests. Garrey Stinson will lead us on the dance floor; come sing, dance, and enjoy.

TUESDAY, MAR 17 ~ 4:30 PM

### CHAT AND CHEW

Dinner at Hershey's Restaurant (17030 Oakmont Ave., Gaithersburg). Drive yourself to the restaurant or meet at 4 p.m. to carpool from Center. Sign up with Nancy Dols (301-946-6034; nancydols17@gmail.com) for reservations and carpooling.

### Members of the Benjamin Gaither Center are invited to join AARP in all our activities.

You may also register a relative or friend. We can help with rides to the meeting. Pay in advance by cash or check at the Benjamin Gaither Center or mail your check (made payable to Gaithersburg Chapter #5358 of AARP) to Annette Thompson, 17605 Parkridge Drive, Gaithersburg, MD 20878. If you have any questions, please contact Annette by phone at 301.977.7936 or 301.938.0893 or by e-mail at annettethompsonphd@yahoo.com.

TUESDAY, MAR 3 ~ 11 AM - 6 PM

### COMMUNITY SERVICE - LITERACY PROJECT

We are collecting and sorting gently used books for children (ages 4-6); each child will receive a bag with 5 books, some educational activities and a small stuffed animal. Help us sort and then come to our March 10th meeting to fill the literacy bags.

MAY 18-22, 2020

### OCEAN CITY & ASSATEAGUE ISLAND

Cost of \$480 - \$580 (depending on participation).

SEP 13-20, 2020

### MARK TWAIN MISSISSIPPI RIVERBOAT CRUISE

Cruise the upper Mississippi River with optional pre- and post-stays in St. Louis and Minneapolis. Cost varies from \$2,865-\$5,265 depending on cabin choice. Includes, cruise, round trip air fare from BWI, port taxes, transfers to and from ship, shore excursions, all on ship meals, and WiFi.

For a flyer, further information, and reservations contact Annette Thompson (301-977-7936; 301-938-0893, annettethompsonphd@yahoo.com) or Nancy Dols (301-946-6034, nancydols17@gmail.com).

FRIDAY, MAR 13 ~ 9:45 AM-3 PM

### AARP SMART DRIVER COURSE

AARP's driver safety program will help you increase your confidence, your overall safety, self-policing behaviors, and reduce driving errors. Register on the program sheet. Fee is due to the instructor payable by check on the day of the class.

{ \$15 AARP Member } { \$20 Nonmember }

## INCLEMENT WEATHER

### EMERGENCY CLOSING POLICY

- If Montgomery County Public Schools are closed due to inclement weather, the Benjamin Gaither Center will be closed.
- If Montgomery County Public Schools have a delayed opening, the Benjamin Gaither Center will open at 10 a.m.; classes and programs scheduled before 10 a.m. will be canceled, classes and programs scheduled at 10 a.m. or later will run; the Nutrition Program lunch will be served; City transportation will be provided with pick-ups starting at 10 a.m.; transportation on the County bus is canceled.
- If Montgomery County Public Schools have an early dismissal, afternoon and evening classes and programs are canceled; City transportation will be provided before the regular 2 p.m. departure time; County transportation will be provided at the regular 2 p.m. departure time or earlier as available.
- In the event of inclement weather or an emergency on a weekend or holiday, please call 301-258-6380 or go to the City's website [gaithersburgmd.gov](http://gaithersburgmd.gov) to learn about cancellations and closures.

# HOLA QUE TAL

VIERNES 6 DE MAR. ~ 10:30 AM-12 PM ~ \$5

## TALLER DE QUILLING

Quilling o filigrana de papel es una forma de arte en el que se usan tiras de papel enrollados, formados y pegados para crear diseños decorativos. A medida que desarrolle sus habilidades, usted podrá completar proyectos más complejos. Se le proveerán los materiales. Líder: Ana Maria.

MARTES 3 DE MAR. ~ 12:45 PM

## PASANDO SU LEGADO

Rika Granger hablará sobre el regalo invaluable que usted deja atrás cuando comparte sus conocimientos, habilidades, recuerdos e historias familiares con sus seres queridos. Únase a nosotros mientras exploramos varias formas en las que puede dejar su legado.

MARTES 10 DE MAR. ~ 12:45 PM

## DATOS SOBRE EL CEREBRO HUMANO Y CÓMO FUNCIONAN LOS CEREBROS

Jay Choudhry discutirá los conceptos básicos de las células cerebrales y cómo se comunican entre sí para transmitir nuestros mensajes a través de la conexión mente-cuerpo.

VIERNES 20 DE MAR. ~ 11 AM

## LA CIENCIA DE LA FELICIDAD

Celebraremos el Día Internacional de la Felicidad con una presentación sobre la Ciencia de la Felicidad a cargo de Adventist HealthCare.

MARTES, 10 DE MAR. ~ 9 - 10 AM

## DESAYUNO BLT

¿Sándwich de remolacha, limón y mandarina? No en este Centro. Venga a disfrutar de un tradicional desayuno BLT preparado por nuestro Chef Sia.

Miembros { \$6 } ... No miembros { \$7 }

MARTES, 17 DE MAR. ~ 12:45 PM

## CELEBRACIÓN DEL DÍA DE SAN PATRICIO "SHENANIGANS"

¿Siente que la buena suerte le acompaña? Entonces participe de nuestros concursos y descubra quién tiene el mejor espíritu irlandés y cuenta los mejores chistes. Quien sabe, quizás habrá ollas de oro para los ganadores.

JUEVES, 12 DE MAR. ~ 12:45 PM

## "CENSO 2020"

¡Yo cuento, tú cuentas, todos contamos! Venga a celebrar la importancia de ser contado y comparta con otros la importancia de completar el Censo del 2020. Habrá baile, diversión, juegos y recuerdos para todos los que participen.

VIERNES, 20 DE MAR. ~ 6 - 8 PM

## FIESTA BAILABLE DE PRIMAVERA

DJ Sway estará nuevamente con nosotros para deleitarnos con nuestras canciones favoritas. Invite a sus amigos y familiares a una gran noche de baile. Habrá bocadillos y un bar donde usted podrá comprar sus bebidas en efectivo. ¡Venga y ayúdenos a darle la bienvenida a la primavera con estilo!

EN ESPAÑOL

LUNES, 23 DE MAR. ~ 5 PM

## LA HORA FELIZ

Venga con nosotros para pasar un rato súper divertido en el restaurante "Bonefish" que está ubicado en 82 Market St., Gaithersburg.

MARTES, 31 DE MAR. ~ 9:30 AM - 3:30 PM ~ WASHINGTON, DC

## CRUCERO DE LAS FLORES DE CEREZO

Tendremos un recorrido turístico narrado de 40 minutos con impresionantes vistas de los Monumentos de Washington, puntos de referencia históricos; y si la suerte nos ayuda, disfrutaremos de las flores de cerezo. El crucero sale y regresa al Wharf. Seguidamente tendrán tiempo disponible para ir a almorzar (por su cuenta) a los restaurantes que hay en el área.

Costo { \$40 } ... Cierre { 24 de mar. }

## EL CLUB DE LA AMISTAD CON JOSE

Jose Hernandez, Afiliado del Grupo Sante para personas de mayor edad estará en el Centro "Benjamín Gaither", una vez al mes, comenzando el jueves 5 de marzo, para ayudarlos a mantener su bienestar personal, y al mismo tiempo disfrutar de una actividad relacionada con el tema del mes.

**Benjamin Gaither Center  
80A Bureau Drive  
Gaithersburg, MD 20878-1431**

**CURRENT RESIDENT OR**

**City Manager  
Tony Tomassello**

**Council Members  
Neil Harris  
Laurie-Anne Sayles  
Michael A. Sesma  
Ryan Spiegel  
Robert T. Wu**

**Mayor  
Jud Ashman**

**GAITHERSBURG CITY OFFICIALS**

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**THE CENTER POST**



**MARCH 2020***(For Office Use Only)*

Processed \_\_\_\_\_

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Benjamin Gaither Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the **City of Gaithersburg**, unless otherwise noted. **Place a check mark in the box by the activities you want to attend.**

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_

**Registration is first come first served – Monday to Friday 9 a.m. to 3:30 p.m.  
Or on the internet at [gaithersburgmd.gov](http://gaithersburgmd.gov). Please arrange for your transportation to  
and from the Center when you take trips. Do not rely on riding the daily bus.**

✓	ACTIVITY #	CLASS / ACTIVITY / TRIP	DATE	DAY	FEE
		<b><u>Classes/Lectures</u></b>			
	9882	Cell Phone Help	By Appointment	Any Day	N/A
	9883	Medication Check-up	By Appointment	Wed	N/A
	9490	Bone Builders Full	Dec 3 – Apr 7	Tue/Thu	N/A
	9792	ZenFlex: Power Stretching	Feb 28 – Apr 17	Fri	\$32
	9880	Hatha Yoga	Mar 3 – Apr 21	Tue	\$65
	9566	Watercolor Class	Mar 4 – Apr 22	Wed	\$100
	9881	Quilling Workshop	Mar 6	Fri	\$5
	9892	Member Orientation	Mar 9	Mon	N/A
	9793	AARP Smart Driver	Mar 13	Fri	N/A
		<b><u>Activities/Trips</u></b>			
	9884	BLT Breakfast			
		<input type="checkbox"/> Members \$6 <input type="checkbox"/> Non-Members \$7	Mar 10	Tue	\$6/\$7
	9801	American Visionary Art Museum	Mar 3	Tue	\$30
	9802	“The Wanderers” at Theater J - FULL	Mar 11	Wed	\$50
	9886	Galloping Gourmets to Franklins	Mar 16	Mon	\$17
	9885	Spring Dance	Mar 20	Fri	\$15
	9887	Galloping Gourmets to Mi Rancho	Mar 25	Wed	\$7
	9888	Spy Museum	Mar 26	Thu	\$35
	9889	Cherry Blossom Cruise	Mar 31	Tue	\$40
	9890	“Becoming Dr. Ruth” at Theater J	Apr 7	Tue	\$50
	9891	“Seven Guitars” at Arena Stage	Apr 15	Wed	\$55



Gaithersburg

Amount Paid \$ \_\_\_\_\_ Cash ☐ Check# \_\_\_\_\_

Visa/MC/Discover/AmEx # \_\_\_\_\_

Signature/Name on card \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_





# BENJAMIN GAITHER CENTER

## ACTIVITY RELEASE FOR MEMBERS

**When participating in on-site activities at the Benjamin Gaither Center, I agree to the following:**

1. I am aware that while participating in a recreation activity or program offered by the City of Gaithersburg Department of Parks, Recreation and Culture, certain risks and dangers may be present, including, but not limited to, the hazards of traveling public highways, of accidents, of injury, of illness and the forces of nature.
2. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in the same.
3. In consideration of the right to participate in the above referenced activities or programs and in further consideration of the arrangements made for me by the City of Gaithersburg through its Department of Parks, Recreation and Culture, I do hereby, on behalf of myself, my heirs, executors, administrators, and assigns, assume the above mentioned and all other risks, and do further release and hold harmless and indemnify the City of Gaithersburg and the Mayor and City Council of Gaithersburg and all of the City's agents, officers and employees from any and all claims for injuries or loss to my person or property or to the person or property of third parties which may arise out of or result from my participation in the above referenced program or activity.
4. I further grant permission for a doctor to administer emergency treatment to me in the event that a medical emergency requires such treatment.
5. I consent to the City's use of photographs taken or videotapes made of program participants.
6. The City reserves the right to rescind the membership of individuals incapable of complying with the Benjamin Gaither Center policies due to medical conditions beyond the individual's control as observed by the Center staff.

**When participating in any off-site activities, I also agree:**

1. To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
2. That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
3. To inform staff prior to the activity or trip if I have any problems meeting the physical requirements necessary for participation in the activity.
4. I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.

Furthermore, I understand that as a participant of the program I will be expected to depart the Benjamin Gaither Center and return to the said location with the group. Any deviation from the activity itinerary will preclude me from participating in future trips, activities or other off-site adventures.

**If you need special accommodations  
please call 301-258-6380, or e-mail [charlyn.simpson@gaitthersburgmd.gov](mailto:charlyn.simpson@gaitthersburgmd.gov)**

Describe any physical, psychiatric, behavioral or other concerns for which you will make a special request for a change/adaptation as a reasonable accommodation. The City is committed to making reasonable accommodations as required by the Americans with Disabilities Act and other applicable law. Requests must be made two weeks prior to the start of the program. Program entry may be delayed/denied if the request does not allow the City sufficient time to consider/arrange for the accommodations.

**Do we have your updated Emergency Contact Information?**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_